

TWIN PEOPLE NEED BITRO- PHOSPHATE

Increases Weight, Strength
and Nerve Force in Two
Weeks' Time in Many
Instances.

The average person is beginning to realize more and more that the lack of physical strength and nerve exhaustion (frequently evidenced by excessive thinness) are the direct cause not only of the failure to succeed in life's struggles for the necessities of existence, but also for the handicap in one's social aspirations. Compare the thin, sickly, languid



frame with the well-rounded form which is usually accompanied by the bloom of health and attractiveness. That millions of people are conscious of this handicap is evident from the continued appearance in newspapers and magazines of many suggestions proposing various remedies in food or medicine or exercises, either of which might or might not be appropriate for a given case. Authorities, however, agree that healthy nerve tissue is absolutely essential to a strong, robust body and mind. Weak nerves, while indicated by a multitude of different symptoms, more immediately and generally result in lack of energy, sleeplessness, irritability, depression, etc., which conditions gradually consume the healthy flesh, leaving only hollows, a flat chest, bony neck and scrawny arms and legs. Our bodies need more phosphate than most of them are able to extract from the foods we eat nowadays, and many opinions affirm that there is nothing which may be taken into the human system that so effectively supplies this deficiency as the pure organic phosphate known as bitro-phosphate and sold by good druggists everywhere. The essential phosphoric food elements in bitro-phosphate assimilated by the nerve cells should soon produce a pleasing change in nerve energy and hence increased vitality and strength. With the burdens of nervousness, sleeplessness, lack of energy, etc., lifted, normal weight with its attractive fullness and ruddy glow of health replaces the former picture of skin and bones. Miss Georgia Hamilton, who was once thin and frail, reporting her own experience, writes: "Bitro-phosphate has brought a magic transformation with me. I gained 15 pounds and never before felt as well." C. A. TULLO—Although bitro-phosphate is unexcelled for the relief of nervousness and attendant disorders, owing to its tendency to increase weight, one should watch the scales while taking it unless it is the desire to put on flesh.

Alkali in Shampoo Bad for Washing Hair

Most soaps and prepared shampoos contain too much alkali, which is very injurious, as it dries the scalp and makes the hair brittle. The best thing to use is Mulford's coconut oil shampoo, for this is pure and entirely greaseless. It's very cheap and beats anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months. Simply moisten the hair with water and rub it in, about one teaspoonful to all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy and easy to handle. Besides, it loosens and takes out every particle of dust, dirt and dandruff. adv.

Read News Scimitar Wants.

Helps for Housekeepers in Planning Sunday Dinner

BY
Bessie R. Murphy, Director Elizabeth Ann Kitchen.

BREAKFAST.

Creamy Beef Brains.
Remove the skin that covers the brains and fibers; place in saucepan with boiling water to cover; cook for 15 minutes; remove, drain and season with salt and pepper; make a medium white sauce and add to it chopped green peppers; toast squares of bread; place brains thereon and pour over the white sauce mixture; sprinkle with paprika.

Rice Pop-Overs.
1 cup cold boiled rice, 1 tablespoon sugar, 1 cup flour, 2 tablespoons egg substitute, 1 teaspoon baking powder, 1 cup milk and 1/2 teaspoon salt; mash rice until smooth; sift flour, baking powder and salt together twice; add egg substitute diluted in water; stir in the rice, then the milk and flour alternately, and beat until smooth; have gem pans greased and a little flour sifted into each; fill two-thirds full with the mixture and bake in a hot oven.

FOR DINNER.

Grouper Fish, Spanish Style.
2 lbs. grouper, 1 small can tomatoes, 1 green pepper cut in thin strips, 1/2 onion, 1 teaspoon sugar, 1/2 teaspoon Worcestershire sauce, 2 tablespoons flour, 2 tablespoons shortening and pepper and salt; make a sauce of the tomato juice, flour and shortening; add the onion, green pepper and seasoning; cut the grouper into cubes and add to the tomato sauce; simmer gently for 30 minutes; serve on platter with border of rice.

Victory Salad.
1/2 package macaroni, 2 tomatoes, chopped cabbage, chopped pimiento and salad dressing; cook the macaroni in boiling salted water and when tender drain; chop the tomatoes, cabbage and pimientos, mix with the macaroni and enough mayonnaise dressing to soften; let stand to ripen; when ready to serve, place on small white cabbage leaves and garnish with mayonnaise.

Peach Golden Gate Pudding.
Cream 1 tablespoon butter, scant 1/2 cup sugar and the beaten yolks of 2 eggs; add 1/2 cup of fine bread crumbs soaked in 1 1/2 cups of milk; flavor with 1/2 teaspoon vanilla; bake in a buttered baking dish; when done spread with fresh or canned sliced peaches and decorate with the stiffly beaten egg whites, mixed with 1 1/2 tablespoons sugar; brown the meringue in the oven and serve with or without cream.

PERSHING QUILTS N. Y. FOR CAPITAL

WASHINGTON, Sept. 12.—Gen. Pershing will arrive in Washington today—the anniversary of the beginning of the great St. Mihiel drive, America's first big effort in the war.

Gen. Pershing's special train, after a stop of several hours in Indianapolis en route from New York, was to arrive in the capital at 4 o'clock. Vice-President Marshall, acting for President Wilson; Secretary Baker, members of the general staff, the congressional committee of welcome and many government officials will greet the expeditionary commander. As the train pulls in a battery of the First division will fire a salute of 15 guns.

After a brief reception in the presidential room at the union station, Gen. Pershing, preceded by a cavalry escort, will pass up Pennsylvania avenue, the route of the First division parade, which he will head next Wednesday, to the hotel at which he will make his headquarters for the next few weeks.

PERSHING GIVES FLAGS TO CITY OF NEW YORK

NEW YORK, Sept. 12.—Gen. Pershing ended his visit here in triumph today. With members of his staff and his family he departed at 8 a. m. on a special train from the Pennsylvania station for Washington.

On the first day of his visit here Gen. Pershing expressed to newspaper men his appreciation for the great city and referred to the anniversary today of the battle of St. Mihiel. That battle, he said, demonstrated to the world that the American army could be relied upon.

Before boarding the train Gen. Pershing said: "I am going to offer the beautiful flags presented to me by Commissioner Wapman on behalf of the citizens of New York to the great metropolis and ask that they be placed on display in the rotunda of the city hall or some other appropriate place to symbolize our victory. I shall retain the title in these flags in order that I may always have an attachment for New York, which has so greatly endeared itself to me."

Dave Johnston, Ex-Ball Player, Dies in New Orleans

NEW ORLEANS, Sept. 12.—David Johnston, veteran baseball player and one time member of the New Orleans and Mobile clubs of the old Gulf Coast league, which was succeeded by the Southern association, died at his home here today, aged 62.

SOLONS FAVOR LETTING VETS USE ARMY STUFF

WASHINGTON, Sept. 12.—Favorable report was ordered today by the senate military committee on the joint resolution of Senator Harris, of Georgia, which would authorize the United Confederate Veterans to use caps, belts and blankets now at Camp Gordon during the reunion of that organization at Atlanta next month.

In addition to Senator Harris, Senator Smith, of Georgia, and Walter P. Andrews, general chairman of the committee named by the city of Atlanta to make plans for the reunion, appeared before the committee and urged favorable action upon the measure. N. B. Forrest, general secretary of the United Confederate Veterans, and Carl Hinton, commander of the Sons of Confederate Veterans, also were present.

\$100,000 TO BE SPENT ON BLUE MOUNTAIN COLLEGE

BLUE MOUNTAIN, Miss., Sept. 12 (Sp.)—It is the present purpose of some of the leading Baptists of Mississippi to spend approximately \$100,000 on the campus of Blue Mountain college during the summer of 1920 in order to prepare to take care of the overflow of students and to give the students of the big institution the best advantages possible in their collegiate work. Just what definite program will be adopted has not yet been made public, but the transfer of the institution to the Baptist state convention of Mississippi will take place in November and after that something tangible will soon develop in the way of additional equipment.

CAR SHORTAGE DELAYS OILING CITY STREETS

Commissioner Mason Friday wrote a letter to Congressman Hubert F. Fisher, asking him to implore the railroad administration to release sufficient cars to bring oil to Memphis for oiling the streets. Mr. Mason claims the work of being greatly delayed by car shortage.

HENDERSON ELECTED TO HOUSE OF COMMONS

LONDON, Sept. 12.—Arthur Henderson, labor leader, defeated for reelection to parliament at the general election last winter, was elected to the house of commons today at the by-election in Winton, Lancashire. Mr. Henderson polled 11,441 votes against 10,411 for his opponent, F. H. Fisher, the unionist candidate.

PROGRESSIVE SHOW ROOM
177 SOUTH MAIN ST. — MEMPHIS

SEASON **F** 1919
ADMIT ONE
PROGRESSIVE REVIEW
TAX PAID

BOOTH 1
SEAT 2
Progressive Showroom
United Ticket Company
SEASON 1919

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The Progressive Review

At SANDERS & CO. Has Opened the Season With an Exhibit of the Season's Newest Style Creations. Everybody Is Invited—If Your Tickets Did Not Reach You—COME ANYWAY!

DOORS OPEN DAILY
8 A.M. EXCEPT SATURDAY



DOORS OPEN SATURDAYS
9:30 A.M., CLOSE 10 P.M.



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9:30 A.M., CLOSE 10 P.M.



FREE ALTERATIONS
THIS ALONE—A BIG SAVING

SUITS—COATS—DRESSES—WAISTS—MILLINERY

Approved Autumn Styles Ladies' SUITS

Our first review of the fall season will be some wonderful values in ladies' suits that no one can pass up, as values like these cannot possibly last long under the present extraordinary conditions, and to make your visit more than worth while we place on sale Saturday some wonderful values that are really worth from \$35 to \$42.50. They include serges, gabardines, poplins and many fancy new mixtures, all beautifully tailored and silk lined for the small price—last chance—only—

\$29.75
Values Worth \$35 to \$42.50
Others Up To \$125

Fashion's Favored Modes Ladies' COATS

Our second review will be some wonderful values in ladies' coats. You may say that "I don't want to buy my coat this early," but if you can only realize how much more you would have to pay 45 days later, you would not lose any time in looking over our values. These coats will include the best of materials, beautifully plush, fur and self trimmed, all elegantly tailored and mostly silk lined; for Saturday and Monday only—

\$34.75
Values Worth \$45 to \$50

Newest Fall Styles DRESSES

Our third review will be some beautiful numbers in dresses, such as, tricotines, serges, satin combinations, etc. These garments are produced by some of the best Eastern manufacturers—are strictly tailored into real styles. The workmanship is the best. To appreciate these values is to see them. They are regular \$32.50 and \$37.50 values, but for Saturday and Monday only the small sum of—

\$29.75
Others \$17.50 to \$100.00

Charming Nos. Millinery

The next in review will be Millinery. These numbers have been designed and trimmed especially for this occasion and you will find no fewer styles any place. They will include all of this season's newest materials—some are tailored sailors, while others are beautifully trimmed, and within reach of all, from—

\$7.50 to \$37.50

MEN'S SUITS

The season's smartest models are included in our showing of men's suits. There are conservative styles for the more sedate dressers and, for the young man—a brilliant display of new waist-line effects, with or without belts, in all the wanted shades and patterns. There are some swell new double-breasted models of the very latest design. Some are full lined and some are quarter lined—all are wonderful values; prices range from—

\$25 to \$60

BOYS' SCHOOL SUITS

Every boy should have an opportunity to buy his own suit; it makes him self-reliant, careful with his clothes and with his money; improves his judgment, increases his self-respect.

Boys, get your parents' permission to open an account, and buy your own suit.

We have a wide selection of Autumn's newest styles, fashioned from materials that will give the most satisfactory service; all the correct shades of color and sizes are represented. Prices range from \$5.50 to \$20.00. Our liberal policy will help you.

\$5.50 to \$20

Charge Accounts
Those who have enjoyed the privilege of charge accounts elsewhere in the city will find us very liberal in this respect.

Unsurpassably Popular Ladies' Sweaters

A special feature of unusual interest at this time is our sweater offering. Just the thing for golf, motoring or for comfort these cool mornings and evenings, which we so frequently have at this time of year. We are showing a beautiful variety of colors and some have roll collars, full length sleeves; all charmingly styled—

\$7.50 and \$10.00 Values, Saturday Only \$5.98

FURS

This season we have the greatest selection of fur capes, neckpieces and fur sets that we have ever had the pleasure of showing. This selection includes all the newest fall shades and all the most desirable pelts, and our prices range within reach of all, from—

\$15 to \$150

\$7.50 and \$10.00 Values, Saturday Only \$5.98



Latest Style Creations Georgette Waists

Ladies, we have arranged for your approval for this special occasion some of the daintiest numbers in Georgette and crepe de chine blouses that you have had the pleasure of seeing this season. They have the little dainty touches about them that make them different. And at the price they will be offered for Saturday and Monday it will be to your advantage to supply your fall wants—all the wanted shades and sizes up to \$6.50 will be regular \$7.50 and \$9.00 values, for

\$4.98

Sanders & Co.

177 SOUTH MAIN ST.